

## What can I expect during the initial visit (continued)?

**The Interview:** We will discuss your health concerns, look at your health history and gather relevant information.

**Food Journal:** We will look at your food journal and discuss your goals for your diet. I will provide suggestions, information and resources.

**Nutrition Assessment Questionnaire (NAQ):** We will discuss the results of the NAQ.

**Functional Evaluation:** This is a hands-on non-invasive evaluation to further identify areas of nutritional strength and weakness.

**Lingual Neural Testing:** The second phase of the functional evaluation tests which nutrients, foods or herbs will most quickly address the health imbalances.

**Personalized Nutrition Plan:** After the assessment is complete, I will recommend a personalized nutrition program and together we will agree on a plan that works for you.

**Follow-up Sessions:** These sessions are vital to assess and monitor your progress while making adjustments as needed.



## How do I prepare for a nutritional therapy session?

### *Before the appointment:*

- Complete and return the interview form, food journal and assessment questionnaire to me.
- Write down and consider your priority health issues.
- Look over the frequently asked questions (FAQ's) on my website or ask for an electronic or hard copy of these FAQ's.

### *Day of:*

- Wear loose comfortable clothing.
- Do not eat 30 minutes before the appointment.
- Bring bottled water with you if possible.
- Bring appointment book to schedule future sessions.
- Bring any supplements you are currently taking.
- Bring check or cash as payment.

*Let's talk and discuss your path to health!*



## Pathways for Health, LLC

### *Holistic Nutritional Counseling and Therapy*



*Meeting you on your journey to wellness and guiding you on your pathway to health*

Ellen Syversen, MPH, CHES, NTP  
Phone: 541-912-8624  
[www.pathwaysforhealth.net](http://www.pathwaysforhealth.net)  
[pathwaysforhealth@gmail.com](mailto:pathwaysforhealth@gmail.com)

## About Nutritional Therapy



*Welcome to Pathways for Health, LLC - holistic nutritional therapy and counseling!*

*As your coach, guide and consultant, my goal is to see you gain knowledge and acquire the information that you need to achieve optimal health in a positive, supportive and confidential environment.*

*Nutritional therapy is an important part of a wellness strategy as well as a therapeutic approach to addressing specific health concerns. I look forward to assisting you on your path to health.*

*Let's celebrate the healing power of real, whole foods!*

**Ellen Syversen has a Masters Degree in Public Health from Tulane University School of Public Health and over 10 years of experience as a certified health educator. Combined with her training as a Nutritional Therapy Practitioner, she offers clients holistic nutrition counseling, therapy and education with the goal of correcting imbalances in body chemistry, and achieving optimal wellness naturally.**



### What is nutritional therapy?

Nutritional therapy uses an assessment process to identify imbalances in body chemistry. These imbalances or nutritional deficiencies are corrected through diet, lifestyle changes and targeted nutrients. ***Nutritional therapists do not diagnose or treat disease, but work to correct imbalances with the goal of gently guiding individuals back on the path to health.***

The comprehensive assessment process provides a visual picture in graphic format of an individual's areas of strength and weakness in the realm of diet, digestion, blood sugar regulation, essential fatty acids, minerals, and hydration. ***These six areas are the foundations of nutritional therapy.***

Imbalances in the foundations can cause further imbalances with endocrine function, immune function and the cardiovascular and detoxification systems of the body. ***The first step in nutritional therapy is to address the six foundations and work towards correcting imbalances so that your body can run more efficiently and function better.*** A balanced body will reward you with more energy, a sound night's sleep, resistance to illness and a better quality of life.

### Who could benefit?

Here are some of the many possible examples of who could benefit from nutritional therapy:

- Anyone with blood sugar issues,
- Those with digestive symptoms,
- Anyone interested in a diet based on real, whole foods,
- Anyone who suffers with general fatigue, loss of energy, headaches, skin problems, frequent colds and infections, stress, insomnia, depression or hyperactivity,
- Individuals who suspect a food sensitivity,
- Persons interested in maintaining a healthy weight,
- Couples contemplating starting a family or those with fertility issues,
- Persons who have endocrine system challenges,
- Those plagued by allergies or asthma, and
- Those interested in preparing for a detoxification program.

### What can I expect during a visit?

The initial visit/assessment can take between 2 to 3 hours and is often broken down into two appointments. You can expect the following during the initial visit: